



## How to Give

### Donations

Donate online, by mail, or in person—in your own name, in memoriam, or even as an annual donation. For your convenience, a donation form has been included as part of this brochure.

### Planned Giving

Planned giving is a way to leave your legacy—a remembered contribution that reflects your support for worthy community programs and continues your hopes for others. Planned giving may include monetary bequeathment by will or trust, securities/mutual funds, life insurance policies, endowment funds, etc. Please consult your financial planner, tax advisor or estate planner to determine which option is best for you.

## About CMHA

### Vision

An inclusive community that promotes emotional well being, human dignity and social justice where people are valued and opportunities in all aspects of life are available to everyone.

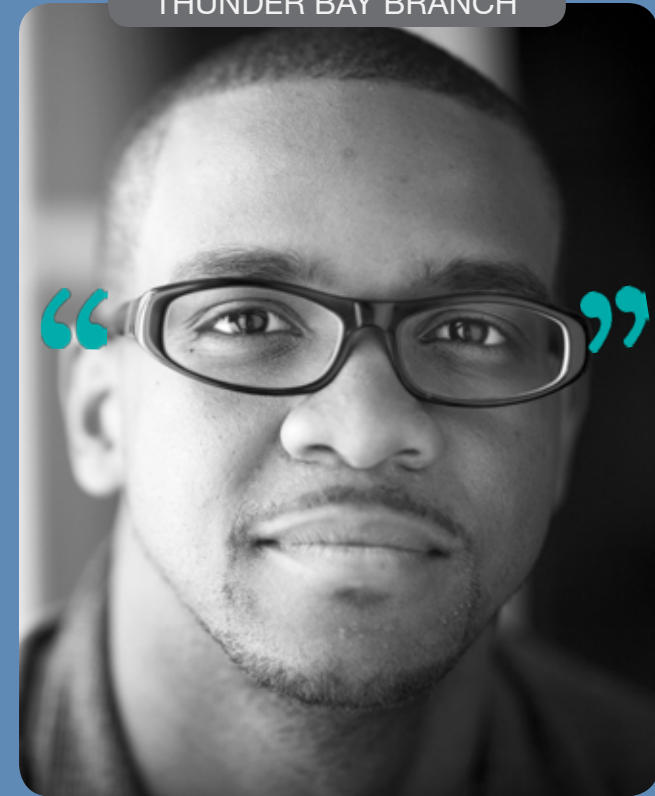
### Mission

We are committed to supporting individual recovery and promoting mental wellness within families and communities.

### Values

- A Client Centered Approach
- Commitment to Recovery
- Excellence
- Innovation & Creativity

## THUNDER BAY BRANCH



Canadian Mental Health Association  
200 Van Norman Street  
Thunder Bay, ON P7A 4B8

Phone: 807-345-5564  
Email: [cmhatb@cmha-tb.on.ca](mailto:cmhatb@cmha-tb.on.ca)  
[www.cmha-tb.on.ca](http://www.cmha-tb.on.ca)

Charitable Reg. No. 13029 3327 RR 001

## GET INVOLVED

How your donation improves  
mental health in our  
community.

### CONNECT WITH US:



[fb.me/cmhatbay](http://fb.me/cmhatbay)



[@CMHATbay](https://twitter.com/CMHATbay)



[gplus.to/cmhatbay](https://gplus.to/cmhatbay)



United Way  
Thunder Bay  
Funded Agency



Canadian Mental  
Health Association  
Thunder Bay  
*Mental health for all*

40 YEARS  
1975 - 2015



## Why donate?

Because 1 in 5 Canadians will have a mental illness in their lifetime... Someone you know may be in need of our services: your child, friend, neighbour—or maybe even yourself. Invest in the mental well-being of your loved one. Make a donation to CMHA Thunder Bay.

## Your donations at work.

Donations to CMHA, Thunder Bay Branch, are used locally to fund our **Education & Training Program**. Your donations make it possible for us to implement public awareness events, provide training workshops, and deliver a 10-week family education and support group. Your donations also allow us to offer subsidies for family members and students to attend our family group and workshops at no charge.

**For more information, visit:**  
[cmha-tb.on.ca/education-training-program](http://cmha-tb.on.ca/education-training-program)

## Make a Donation

- I would like to help CMHA enhance and promote the optimal mental health of everyone in our community through education, prevention, advocacy and support services.

<b>DONOR INFORMATION:</b>		<b>DATE:</b> _____
First Name: _____		Last Name: _____
Mailing Address: _____		
City: _____		Prov: _____ Postal Code: _____
Telephone: _____		Email: _____
<b>TYPE OF DONATION:</b> Check all that apply.		
<input type="checkbox"/> I would like to purchase a <b>membership:</b> <input type="checkbox"/> Individual \$20 <input type="checkbox"/> Senior \$5 <input type="checkbox"/> Limited Income \$3		
<input type="checkbox"/> I would like to make a <b>donation:</b> *		
<input type="checkbox"/> \$20 <input type="checkbox"/> \$40 <input type="checkbox"/> \$100 <input type="checkbox"/> Other Donation Amount: \$ _____		
I would like to make this a monthly donation:		<b>TOTAL AMOUNT:</b>
<input type="checkbox"/> On the 1 <sup>st</sup> <input type="checkbox"/> On the 15 <sup>th</sup> for # _____ months		
This donation is in memory of: _____		Membership Fee:
		Donation:
<b>METHOD OF PAYMENT:</b>		
<input type="checkbox"/> Cheque (enclosed: payable to CMHA Thunder Bay)		
<input type="checkbox"/> Credit Card #: _____		Expiry: _____
		MM / YY
Name on Card: _____		Signature: _____

*\*Tax receipts will be issued for all donations in excess of \$10.*

Please note that CMHA does not exchange mailing lists. All personal information is confidential. However, this information may be used in the future to contact you about CMHA events, programs and services.

**If you DO NOT want to receive information from CMHA please check this box:**

**PLEASE MAIL OR FAX COMPLETED FORM TO:**

Canadian Mental Health Association, Thunder Bay  
200 Van Norman Street, Thunder Bay ON P7A 4B8  
Fax: 807-345-4458

**FOR MORE INFORMATION, PLEASE CONTACT US:**

Telephone: 807-345-5564  
Email: [cmhatb@cmha-tb.on.ca](mailto:cmhatb@cmha-tb.on.ca)  
Web: [www.cmha-tb.on.ca](http://www.cmha-tb.on.ca)